



Academy Curriculum Summary

Technical	Tactical	Fitness	Psychology	Practice Tips
<p>Objectives: General Technical skill development and comfort on the ball. All players must be introduced to the basic Coerver moves.</p> <p>Dribbling:</p> <ul style="list-style-type: none"> • Change of direction moves Inside cut Outside cut Hook turn U-turn Pull back • Stops and starts moves Pull-push Stop and go Fake and go • Feints Scissors Side step Step over <p>Running with the ball</p> <ul style="list-style-type: none"> • Speed dribbling <p>Passing</p> <ul style="list-style-type: none"> • Short passing • Striking the ball with the laces. <p>Receiving</p> <ul style="list-style-type: none"> • Inside of foot control • 1st touch 	<p>Objective: Confidence to use skills in a game.</p> <p>Individual Offensive tactics:</p> <ul style="list-style-type: none"> • Running / Dribbling with the ball • 1v1 attacking moves • 2v1 attacking options <p>Individual Defensive tactics:</p> <ul style="list-style-type: none"> • 1v1 defending • Basic principle of goal-side • Work rate <p>Small Sided Games:</p> <ul style="list-style-type: none"> • 2v2, 3v3, 4v4. • Emphasis on dribbling, running with the ball, basic passing and support. (depending on the game set up and theme) <p>Formations</p> <ul style="list-style-type: none"> • Learn how to play within a 4v4 format (Fall) • Develop an understanding of positions within a “diamond shape” • Learn how to play within a 5v5 format (Spring) 	<p>Objective: Improve player’s general level of fitness.</p> <p>Endurance</p> <ul style="list-style-type: none"> • 1v1 activities • 2v2 activities • 4v4 games <p>Co-Ordination</p> <ul style="list-style-type: none"> • Running activities • Balance and agility 	<p>Objective: Ensure players are trained in a positive environment.</p> <p>Fun</p> <p>Concentration</p> <p>Co-operation</p> <p>Sportsmanship</p> <p>Basic rules</p>	<p>It is the responsibility of every player to improve their own individual techniques.</p> <p>The importance of practicing individually should never be underestimated, as the repetitive practicing will undoubtedly reap vast rewards.</p> <p>Practice individual techniques:</p> <ul style="list-style-type: none"> • Change of direction moves • Stop and start moves • Feint moves • Juggling <p><i>Players with good 1v1 skills can make a difference in a game</i></p> <p>REPEAT MOVES OVER AND OVER AGAIN</p>